

# Better-for-you ice cream

We're staying cool and keeping our mind clear, thanks to frozen treats made without artificial food coloring



After a day of fun in the sun, we love stopping by an ice cream shop for a sweet treat. Savoring the creamy *mmm* always perks us right up. But that sunny feeling faded when a nutritionist told us many chains color their ice cream with artificial food dyes linked to migraines, weakened immunity and impaired liver function. We can't have that, so we went in search of dye-free treats. Here's to healthier scoops!



## If you like mint chip...

Refreshing mint ice cream and decadent dark chocolate are a match made in dessert heaven. What's not so heavenly: The artificial colors Blue 1 and Yellow 5 that tint our former favorite scoop green. Now we're spooning Ben & Jerry's Mint Chip. Made with cage-free eggs, real fresh mint and zero artificial food colors, it delivers the cooling flavor we crave without any downsides.



Baskin Robbins Mint Chip



Ben & Jerry's Mint Chip

## If you like strawberry...

The fruity flavor of strawberry ice cream has a way of transporting us back to summer nights on Grandma's porch. But we weren't too keen on the artificial color Red 40 in our old pick. Now we're spooning up TCBY Strawberries and Cream. It gets its pink hue from real fruit chunks and natural vegetable colors, plus boasts 7 strands of live probiotic cultures shown to speed slimming.



Carvel Strawberry



TCBY Strawberries and Cream

## If you like chocolate...

Nothing satisfies our sweet tooth quite like rich chocolate ice cream. We weren't thrilled with the fatigue-causing Red 40, Yellow 5 and Blue 1 in our old favorite, though, so we made the switch to Häagen-Dazs Belgian Chocolate. This dye-free delight tastes extra decadent, thanks to heavy cream and big chocolate chunks, but contains 40 percent less sugar than our old pick. Score!



Cold Stone Chocolate Pudding



Häagen-Dazs Belgian Chocolate